

# SAFETY ON THE LINE

A service of the NASA KSC Safety and Mission Assurance Directorate

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**“Few are too young, and none are too old, to make the attempt to learn.”**

-Booker T. Washington

## Oh, my aching back!

Did you know that 75% of all KSC injuries occur in office settings or public areas? Or that 26% of those injuries resulted in some type of sprain, usually involving their back? The best way to prevent back strain is to follow some simple methods which will reduce or eliminate them in the first place. When bending or lifting, you should:

Bend at the knees rather than at the waist

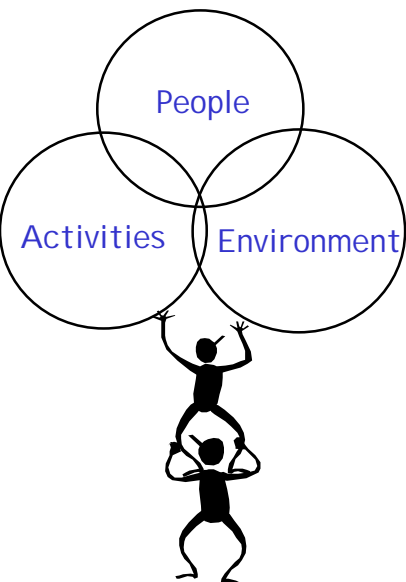
- Push rather than pull when moving heavy objects such as furniture
- Don't twist while lifting
- When lifting and carrying an object, hold it close to your body, no higher than chest level



## REASONS TO HAVE A 24 HOUR SAFETY ATTITUDE

- The lifetime odds of being killed in a motor vehicle accident are about 1 in 100
- Accidents are the leading cause of deaths for people from age 1-38
- Accidents rob Americans of more years of life before they reach age 65 than any other cause of death, including cancer, heart disease, homicides, and AIDs
- Over 15,000 people suffer temporary or permanent disabling injuries from off-the-job accidents each year

## Human Factors and You



Why do we have difficulty operating “simple” things like water faucets, speaker phones, or our home VCR's? Yet we are capable of performing some pretty high tech jobs here at KSC; in fact, many of us are considered “rocket scientists” by our peers on the outside. Well, did you ever consider that maybe it isn't you? Many everyday objects were not designed considering the psychology behind how humans will operate them. They have no clues or “false” clues that make it difficult to interpret and understand their use. So the good news is we are not all mechanically incompetent! The bad news is some of these error prone designs are used in our work activities, so beware!

Call the NASA Human Factors Integration office at 867-3311 for more information.



Questions or comment? Or do you have an article you would like to submit? Contact Alan or Marguerite at 867-3311, fax number 867-3583, mail code EI-HF or e-mail them at “Safety on the Line” found in your global address list.